

# *Alcohol and Drug Addiction Happens in All Kinds of Families*

... It doesn't have  
to be that way...

## **For More Information**

Substance Abuse Division  
Prevention Services  
350 Montevue Lane  
Frederick, MD 21702  
301-600-3281  
Fax: 301-600-3298  
[www.co.frederick.md.us/HealthDept/  
substanceabuse/prevention](http://www.co.frederick.md.us/HealthDept/substanceabuse/prevention)



## **The Seven C's**

I didn't **Cause** it  
I can't **Cure** it  
I can help take  
**Care** of myself by  
**Communicating** my feelings  
**Making healthy Choices** and  
**Celebrating Myself!**



Funding provided by Maryland Dept. of  
Health & Mental Hygiene, Alcohol & Drug  
Abuse Administration and the Frederick  
County Board of County Commissioners.  
The Frederick County Health Dept. does  
not discriminate in service or  
employment on the basis of handicapped  
status, race, color, national origin,  
religion, age, gender or political affiliation.  
Services are confidential and  
protected by state and federal law.  
Interpreting services are provided upon  
request. Locations are handicapped  
accessible.

**Public Health**  
Prevent. Promote. Protect.  
Frederick County Health Department

## **...and It Hurts**

**Frederick County Health Department**  
**Substance Abuse Division**  
**350 Montevue Lane**  
**Frederick, MD 21702**  
**301-600-3281**

# Support Groups For Kids

Affected by Family Substance Abuse

- Small support groups offered in Frederick County Public Elementary and Middle Schools
- For students in 4<sup>th</sup> – 8<sup>th</sup> grade whose lives are affected by the drug and/or alcohol problems of someone close to them
- Free
- Led by trained counselors
- Confidential
- Participation is voluntary
- Requires parent/guardian permission
- To be accepted into the program, it is NOT necessary to identify about whose substance abuse the student is concerned

*The support group leader brings stories, art activities, games and discussion. These are fun and positive activities that students enjoy and learn from.*



## Program Goals

- Build resiliency
- Express feelings
- Develop social skills
- Encourage self worth
- Increase social supports
- Prevent substance abuse
- Promote healthy coping skills

Learn about the affects of substance abuse

## Participating Schools 2006-2009

**Elementary Schools**

- Ballenger Creek  
Brunswick  
Carroll Manor  
Liberty  
Lincoln  
North Frederick  
Oakdale  
Orchard Grove  
Parkway  
Sabillasville  
Spring Ridge  
Thurmont  
Tuscarora  
Waverly

**Middle Schools**

- Ballenger Creek  
Brunswick  
Crestwood  
New Market  
Thurmont  
West Frederick

*Call for updates or  
to add your school.*

Those with  
family alcohol or  
other drug problems  
are not alone.  
We are here to help.

